

North Carolina Division of Aging and Adult Services

Aging Services County Fact Sheet

Wake County, Region J

	Number, 65+	Percent, 65+
2005	54,428	7.3%
2015	89,459	9.1%
2025	149,591	12.1%

Aging Services Providers [*Key contact for Information & Assistance]

*RESOURCES FOR SENIORS (Adult Day Care, Adult Day Health, Disease Prevention/Health Promotion, Housing & Home Improvement , In-Home Aide Services, Information & Assistance, Legal Services, Institutional Respite, Senior Center Operation, Transportation-General) 919-872-7933	MEALS ON WHEELS OF WAKE COUNTY (Congregate Nutrition Meals, Home Delivered Meals) 919-833-1749
CARY SENIOR CENTER (Senior Center) 919-469-4081	GARNER SENIOR CENTER (Senior Center) 919-779-0122

[**Note:** Please contact the Area Agency on Aging in your area for information about services under the Family Caregiver Support and Long-Term Care Ombudsmen Programs.]

Lead Planning Agency for the Home and Community Care Block Grant

Resources for Seniors

Senior Center(s)

Cary Senior Center (opened in 1993) PO Box 8005 Cary, NC 27512-8005 919-460-4970	Northern Wake Senior Center (opened in 1994) [CENTER OF EXCELLENCE] 235 E. Holding St. Wake Forest, NC 27587-2927 919-554-4111
Eastern Wake Senior Center (opened in 1988) [CENTER OF EXCELLENCE] 323 Lake Drive Wendell, NC 27591-9492 919-365-4248	Whitaker Mill Senior Center (opened in 1981) [CENTER OF EXCELLENCE] 401 E. Whitaker Mill Road Raleigh, NC 27608 919-856-6444
Garner Senior Center (opened in 1990) 205 East Garner Road, Garner, NC 27529-3311 919-779-0122	

Adult Day Care (ADC) and Adult Day Health (ADH) Centers

Cary Total Life Center at Bond Park (ADC and ADH, certified for 29) 110 Maury O'Dell Cary, NC 27510 919-460-9008	Resources For Seniors Total Life Center - West Raleigh (ADC and ADH, certified for 28) 1220 Dixie Trail Raleigh, NC 27607 919-787-6230
Family Care Elder Care (ADC and ADH, certified for 12) 820 W Garner Rd Garner, NC 27529 919-773-1115	Ruth Sheets Adult Day Care Center (ADC, certified for 16) 228 W. Edenton St. Raleigh, NC 27603 919-832-7227
Resources For Seniors Total Life Center - Creedmoor Road (ADC, certified for 41) 6612 Creedmoor Rd. Raleigh, NC 27613 919-676-5858	Southeastern Wake ADC Center (ADC and ADH, certified for 40) 2034 New Bern Ave. Raleigh, NC 27610 919-231-2245

Resources For Seniors Total Life Center -
Cary (ADC, certified for 30)
200 High Meadow Rd.
Cary, NC 27511
919-467-6906

The Darius House (ADC, certified for 5)
604 Rush St.
Raleigh, NC 27610
919-821-1491

Resources For Seniors Total Life Center - Eastern Wake (ADC and ADH, certified for 25)
323 Lake Dr., Wendell, NC 27591
919-713-1534